

FOOD FORTHOUGHT

July, 2006

A couple of weeks ago I found myself entering the summer lull in my work. July and early August are typically slow months for me, and while I now know this is coming and don't worry about it, I still find it a bit hard to shift gears. To prepare for this downtime, I looked for a good book to get my teeth into. Boy, was that request answered! I came across Wayne Dyer's latest book, *Inspiration: Your Ultimate Calling*, and I am totally enamored of its message – to be in-Spirit more fully each and every day. In fact, I am devoting this entire newsletter to the concept of inspiration, as well as the next FREE Teleclass on August 1st. My intention is to get you inspired about your journey in life and committed to the care and feeding of your spirit.

Inspiration Corner

“I think of the word *inspiration* as meaning ‘being in-Spirit.’ When we’re in-Spirit, we’re inspired ... and when we’re inspired, it’s because we’re back in-Spirit, fully awake to Spirit within us. Being inspired is an experience of joy: We feel completely connected to our Source and totally on purpose; our creative juices flow, and we bring exceptionally high energy to our daily life. We’re not judging others or ourselves – we’re uncritical and unbothered by behaviors or attitudes that in uninspired moments are frustrating. Our heart sings in appreciation for every breath; and we’re tolerant, joyful, and loving.”

– Wayne Dyer (from *Inspiration: Your Ultimate Calling*)

Be Inspired – Ways to Feed Your Spirit

Before I encountered Wayne Dyer's book, I was having my own reminder about this concept of inspiration. During a two-week period, I had several conversations with people who felt depressed and stuck in the drama and trauma of their lives. Granted, there were valid reasons for these feelings, but I was trying to get them to see that dwelling on the negative events was only magnifying their power and presence. When I asked them how much time they spent feeding the negative aspects of their lives versus how much time they spent feeding their Spirits – the portion of themselves that was connected to God/Source – they admitted it was heavily weighed in favor of the negative aspects. I asked them to visualize their emaciated, weak Spirits, and to realize how the lack of care and feeding had rendered them virtually useless.

Of course the next logical question was to ask them what specific action steps they could commit to doing that would feed and nurture their Spirits. You see, I know that these activities will be different for each person. Some people find the rituals and practices of organized religion to be a great source of Spirit food. Others find time spent in nature as the key to connecting with the deepest part of themselves. Still others find it is time spent with positive, fun friends sharing a wonderful meal and uplifting conversation. And, it can sometimes be the little things in life – gazing up into a starry sky at night, playing with the kids in the pool, or listening to a favorite song. The trick is to know how to connect with our Spirits and to do it on a regular basis.

Shortly after these conversations, I picked up *Inspiration: Your Ultimate Calling*, and upon reading the first few pages realized this is an excellent resource for discovering new ways to connect with our

Spirits and live an inspired life. One of my favorite chapters is Chapter 6: Essential Principles for Finding Your Way to An Inspired Life. These include:

- Be independent of the good opinion of others
- Be willing to accept the disapproval of others
- Stay detached from outcomes
- Know that we need nothing/ no things to be inspired
- Don't die wondering
- Remember that our desires won't arrive by our schedule

I find these principles to be so powerful that I will be focusing on them in the FREE Teleclass on August 1st. So get a copy of this book, and read through as much as you can before we meet. I found the book at Costco for just \$15.00. Even if you don't get the book or don't get it read before the Teleclass, please join us anyway. I'd love to get your take on how to live a more inspired life!

Upcoming Events

Free One-hour Teleclass – Six Principles from *Inspiration: Your Ultimate Calling*

Tuesday, August 1 from 7-8 p.m. (MST)

Send me an e-mail and let me know you would like to join, and I'll send you the number for the telephone bridgeline.

Fall Teleclass Programs

- ***How to Self-Publish Your Book*** (4-week program on September 19 and 26 and October 3 and 10, 2006; cost is \$69 and includes detailed e-mail handouts each week)
- ***Energy for Life*** (4-week program on October 17, 24, and 31 and November 7; cost is \$69 and includes detailed e-mail handouts each week)

Space is limited, so if you are interested in either of these Teleclass Programs, please send me an e-mail and let me know you'd like to reserve a space.